

Beat the Heat...cool ways to thrive after 45



Talking Book Awareness Day > The week of August 17

Presentation and Topic Ideas

1. Eye Doctor—Visual impairment warning signs
2. Coach/Health Professional— Eye protection
3. Dept. of Motor Vehicles—Can you beat the eye test?
4. Mental Health Professional—Life Transitions
5. Senior Center or Nursing Home Administrator—Activities to build physical and mental health
6. Talking Book Staff—Recorded Book “Book Talk”
7. Health Provider—Caring for your parents
8. Chiropractor or Masseuse— Those old aches & pains
9. Central District Health— Health care access for rural senior citizens
10. Police Department—Citizen Eye, safety in your community
11. Yoga Instructor—Simple exercises to keep you balanced
12. Vision Specialist—Eye Like It! Trends in eye wear
13. Consumer Protection—Keep your eyes peeled for scams
14. Dietician—Eat right, Feel good!

Press Release Templates

Remember to give the media a heads up about your event a week before your Open House.

Call the news outlets in the early morning to see if they plan to attend. Be sure and remind them of the great photo ops they'll have.

> [Program in a Box #1](#) > [Program in a Box #2](#) > [Program in a Box #3](#) > [General Open House](#)



Obstacle Course Suggestions

Note: Use caution when creating the obstacle course so no one is injured

1. Library kick stool
2. Small trash can
3. Cord running across the floor
4. Desk with open drawer
5. Office chair
6. Filing cabinet
7. Hat or coat tree
8. Rumpled rug or mat
9. Books sticking out from shelf
10. Pile of books on floor
11. Coat lying on floor
12. Atlas stand or globe
13. Book display
14. Coffee table
15. Book cart
16. Plant

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1. Download the application (libraries.idaho.gov/TBS)
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 - Fax 208-334-4016
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5. The applicant will be contacted within two business days of receipt
6. A TBS Customer Service Rep will contact them and get the books and player to them right away. Your patron will have a number of options on how to keep their books coming by mail.



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